



# Slaters Men's Basketball Strength & Conditioning

Squat \_\_\_\_\_ SLDL \_\_\_\_\_ Bench \_\_\_\_\_

2014 Block 2

ATHLETE NAME

Day 1					Day 2				
Bar WU	Deload	Week 2	Week 3	Week 4	Bar WU	Deload	Week 2	Week 3	Week 4
SLDL	1x4 50%	1x8 50%	1x6 55%	1x6 60%	Squat	1x4 50%	1x8 50%	1x6 55%	1x6 60%
	2x8 67.5%	1x4 65%	1x3 70%	1x2 72.5%		2x8 67.5%	1x4 65%	1x3 70%	1x2 72.5%
		3x8 75%	4x6 80%+	4x4 85%+			3x8 75%	4x6 80%+	4x4 85%+
Shrug	1x4 WU	1x4 WU	1x4 WU	1x4 WU	Bench Press	1x4 50%	1x8 50%	1x6 55%	1x6 60%
	2x8	3x8	4x6	4x4		2x8 67.5%	1x4 65%	1x3 70%	1x2 72.5%
							3x8 75%	4x6 80%+	4x4 85%+
Pullups (OH)	2x4	3x8	4x6	4x4	Rev Lunge into Stepup (w/ DB)	1x3 EL BW	1x5 EL BW	1x4 EL BW	1x3 EL BW
						2x3 EL	3x5 EL	3x4 EL	3x3 EL
Stability Ball Leg Curls (1-L)	3x5 (2L)	3x5 Each Leg	3x8 Each Leg	3x10 Each Leg	Military Press Barbell	1x4 WU	1x4 WU	1x4 WU	1x4 WU
						2x8	3x8	4x6	4x4
					DB Lateral Raises	2x8	3x10	3x8	4x6
BB Bent Over Row	1x4 WU	1x4 WU	1x4 WU	1x4 WU	DB Rear Delt Raises	2x8	3x10	3x8	4x6
	2x8	3x8	4x6	4x4		SS w/ Plyo Pushups	6/set	10/set	8/set
Lat Pulldown Narrow/Neutral	2x8	3x12	3x8	4x6	Basket Hangs	2x8	3x10	3x10	3x10
SS w/ EZ Bar Curls	2x8	3x12	3x8	4x6	Russian Twists	2x8	3x10	3x10	3x10
SS w/ Wrist Curls	2x8	3x12	3x8	4x6	Situp into MB Pass	2x8	3x10	3x10	3x10
Candlesticks	2x8	3x10	3x10	3x10					
Russian Twists	2x8	3x10	3x10	3x10					
Anti-Rot Band	Hold for 10, In/Out 10 x on Cadence								

*Start where you are. Use what you have. Do what you can. –Arthur Ashe*



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ATHLETE NAME

Day 3				
Bar WU	Deload	Week 2	Week 3	Week 4
Squat Depth Work	Plate Squats, Goblet Squats, Platform Walkdowns,			
Mid Thigh Pull (build up sets)	1x4 WU	1x4 WU	1x3 WU	1x3 60%
	3x4	5x4	5x3	5x3
SS w/ Broad Jumps	none	4/MTP Set	3/MTP Set	3/MTP Set
Goodmornings	1x4 WU	1x4 WU	1x4 WU	1x4 WU
	2x8	3x8	4x6	4x4
SS w/ Chinup (UH)	2x4	3x8	4x6	4x4
Side Lunge	2x8	3x8	3x8	3x8
SS w/ Upright Rows w/ EZ Curl Bar	2x8	3x8	4x6	4x4
Chops & lifts	2 x 3&3	3 x 5&5	3 x 4&4	3 x 3&3
Leg Throws	2x10	3x15	3x20	3x20
Bicycle Crunch	2x20 total	3x20 total	3x20 total	3x20 total
DL Side2Side	2x10 total	3x20 total	3x20 total	3x20 total



*Satisfaction is the death of Desire*